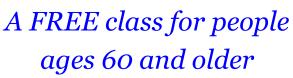


A Taste for Healthy Living



Learn about good nutrition, how to make tasty meals and snacks, and tips for staying physically active.

A light breakfast and full lunch is included, plus recipes, door prizes, gifts and health information.

9:00 a.m. to 1:00 p.m.

Wednesday, May 19

NewHolly Community Center
7050 32nd Ave. S., Seattle

The class is <u>free</u> but space is limited. You must sign up in advance. Call 206-824-2907, ext. 1970, by May 7.





